Complete P.E.

Curriculum Explainer

A well sequenced curriculum

Our curriculum content is designed in **sequence, from EYFS through to year 6**, ensuring that pupils can build on prior learning as well as being challenged as appropriate to their needs.

> A strong foundation of FMS is developed, starting in the early years. It sequentially develops through transitional activities into more specialised sport and physical activity contexts.
>
> Meaningful learning occurs when pupils are enabled to make sense of their learning and organise it coherently within what they already know. It is therefore important that the curriculum sequence maximises the likelihood that all pupils will be able to connect the steps they have taken to know and do more in PE.

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A high quality curriculum

We have designed all our units of work to fully align with the National Curriculum. Schools can select the units they would like to use from our vast unit library and design and create their own curriculum. This ensures the curriculum is bespoke to each setting and meets the needs of all pupils. This flexibility brings the national curriculum to life in each school's unique context. In addition, **our EYFS content is fully aligned to the EYFS framework.**

We adhere to a **physical literacy** informed approach to ensure **holistic outcomes** are championed throughout. Pupils' learning is celebrated physically, cognitively, socially and emotionally throughout the curriculum.

> It has been long agreed that PE can do many things, including, develop pupils both socially and emotionally. PE can make a valuable contribution to pupils' personal development.

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We are proud to be supporting **PE Scholar** as their primary partner to create new curriculum PE content for **Oak National Academy.**

A non-prescriptive and flexible curriculum

Our unit library enables schools to pick and mix the curriculum content most appropriate for their setting. We can support schools with their curriculum design, but all schools have the freedom and flexibility to create their own bespoke curriculum.

Within the units themselves, **no time is stipulated in the planning.** This is to enable pupils to have enough time to master learning and to equip teachers with the confidence to move pupils through the intended sequence whenever they are ready. Such an approach places an emphasis on formative assessment as opposed to task facilitation.

Our units are designed with success criteria that challenge multiple stages of learning, thus ensuring that teachers have the flexibility to pitch units appropriately. Complete PE supports schools working with mixed age groups, without a detrimental impact on progression. This stage not age, structured learning, also builds flexibility for pupils who need more support and those who need to be extended in their learning.

About Us

Created in 2016, Complete PE is a global Physical Education resource that has been designed by Primary PE specialist teachers and advisors, to support the implementation of a high quality Physical Education Curriculum.

An approved curriculum resource

Through a rigorous approval process, afPE have ensured that our PE teaching and learning resources are evidence-informed, inclusive, and aligned with national guidance and best practice.

association for PHYSICAL EDUCATION Approved Curriculum Resource 2025–2027

An Inclusive (SEND) Resource

Complete PE is a **fully inclusive** resource. All our units of work are supported by **Adaptive PE Cards**, providing teachers with a range of ideas to adapt the learning to support pupils with additional needs. This ensures that every pupil is fully included in Physical Education.

> A high-quality curriculum in PE is one that meets the needs of all pupils and teaches the knowledge required to participate in physical activity and sport. A curriculum that is ambitious for pupils with SEND will make sure that such pupils have access to content that does not impose an artificial ceiling on what they can achieve.

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We are proud to be both a **Youth Sport Trust Changemaker** business and an **afPE Business Associate** member.

YOUTH SPORT TRUST | CHANGEMAKER BUSINESS

afPE association for PHYSICAL EDUCATION